



RETURN TO GRASS VALLEY

PLACER PACERS TRADITIONAL WALK

5K and 10K

November 7, 2026, 9:00 AM to 3:00 PM

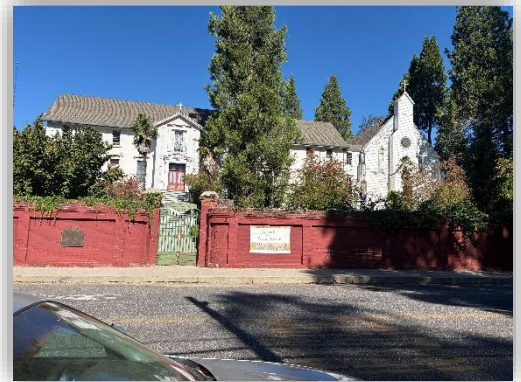
GRASS VALLEY HISTORY

For many years the Placer Pacers had a Year-Round walk in Grass Valley, which is a Gold Rush town started by the 49ers in the early 1850s. It is now a beautiful city full of Victorian homes, many churches originally built in the 1850s and many great places to eat, including a small restaurant that sells authentic Cornish Pasties. It has been 15 years since the Pacers hosted a year-round walk at Grass Valley, so we developed an all new set of 5K and 10K walks for this Traditional Walk weekend.



WALKING OPTIONS

The 5K walk loops around the older portion of Grass Valley where there are many beautiful Victorian homes and churches built in the 1850s and 1860s. The walking directions have information about many of the churches and homes. For the 10K you first walk the 5K and then almost at the end, break off for a second loop in a different part of the city. All the special program's locations are on the 5K.



SANCTION NUMBER #132747-2026

DIRECTIONS: Take Hwy 80 from Sacramento to Auburn. Take Hwy 49 north to Grass Valley, about 23 miles. Take exit 182A (CA 174) and at the stop sign, go left. Again, left at the second signal (Neal St) and then left into the Safeway parking lot. The Flour Garden Bakery is to the right of Safeway.

START/FINISH TIMES: 9am to noon, finish by 3pm.

RATING: 2A, this walk is entirely on sidewalks or pavement with some stairs and some up and down hill. It is not suitable for wheelchairs and could be difficult in spots for strollers. The sidewalks in the older areas are not in great shape.

START LOCATION: Flour Garden Bakery, 109 Neal St, Grass Valley, CA 95945.

REGISTRATION: Credit and Guest fee is \$4.00. No pre-registration for this event.

SPECIAL PROGRAMS: Labyrinths, Parks, Stepping to the Beat, USA (letter G) and Nevada County

MISCELLANEOUS: Restrooms are available at the start and on the walks. Dogs are OK with cleanup.

RESTAURANTS: At the end of the 5K and 10K, is Grass Valley's Street Mall with a number of restaurants and an ice cream and candy shop. If you want to try an authentic Cornish Pasty, Marshall's Pasties is at 203 Mill St.

DISCLAIMER: The sponsors are not liable for accidents, thefts, and/or material damage. Every reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable event. A waiver must be signed by those participating in any event. A parent or guardian must sign for children under 18.

PROCEDURES: This event is open to everyone. Volkssports are noncompetitive events. Each participant, must register and sign an Amateur Athletic Waiver and Release of Liability (Parent or Guardian must sign for a minor) at the start point. A control (start) card will be issued upon registration that must be carried during the walk, and turned in at the finish upon completion of the walk. Children under 12 must be accompanied by an adult.

STIPULATIONS: This event is sanctioned by the American Volkssport Association (AVA) a member of the International Federation of Popular Sports and counts towards the acquisition of IVV Achievement Awards. With registration for this event, the participant accepts the guidelines of the AVA and agrees to observe the principles of good sportsmanship and safety. This walk event will take place regardless of the weather conditions.

CONTACT PERSON: Warren Tellefson, 530-305-5479, wtellefson@gmail.com

